Circle the words in each column that best describe your present habits.

### Care-Taking

**How can I help you?**

**How can I encourage you to help yourself?**

<table>
<thead>
<tr>
<th>Behaviors</th>
<th>Emotions</th>
<th>Circumstances</th>
<th>Behaviors</th>
<th>Emotions</th>
<th>Relationships</th>
</tr>
</thead>
<tbody>
<tr>
<td>I ..........</td>
<td>I feel .....</td>
<td>I am concerned with ..........</td>
<td>I ..........</td>
<td>I feel .....</td>
<td>I am concerned with ..........</td>
</tr>
<tr>
<td>fix</td>
<td>tired</td>
<td>the solution</td>
<td>show empathy</td>
<td>relaxed</td>
<td>relating to people</td>
</tr>
<tr>
<td>protect</td>
<td>anxious</td>
<td>answers</td>
<td>encourage</td>
<td>free</td>
<td>feelings</td>
</tr>
<tr>
<td>rescue</td>
<td>fearful</td>
<td>circumstances</td>
<td>share</td>
<td>aware</td>
<td>the person</td>
</tr>
<tr>
<td>control</td>
<td>liable</td>
<td>being right</td>
<td>caringly confront</td>
<td>high self-worth</td>
<td></td>
</tr>
<tr>
<td>carry their feelings</td>
<td>negative</td>
<td>details</td>
<td>am sensitive</td>
<td>positive</td>
<td></td>
</tr>
<tr>
<td>don’t listen</td>
<td></td>
<td>performance</td>
<td>listen</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Care-Giving**

I manipulate others because of fear. I empower others when I respond to them action-to-action.

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*Sidenotes*

**Caretaker Negative Cycle**

* Unhealthy behaviors (fix, rescue, control, etc.) create a natural byproduct of toxic stress

* Stress creates unhealthy emotions (tired, anxious, fearful, etc.)

* Unhealthy emotions spin into overwhelmed focus on circumstances rather than on positive relationships

* Focus on circumstances (solution, details, etc.) creates fear or pain causing need to control or manipulate

* Fear or pain triggers the manipulative unhealthy behaviors continuing the cycle of care-taking.

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**Mike says .....**

“When you empower your adult child you also expect him or her to accept the responsibilities of being an adult.

Simply put, the definition of empowerment is having more choices.”

(page 75)

Excerpt from The Four Seasons of Recovery for Parents of Alcoholics and Addicts by Michael Speakman

www.palgroup.org

07/2015